

ECHO OUTLAWZ



Echo Detachment
502d Personnel Services Battalion
4th Infantry Division (Mechanized)



Echo Family Readiness Group
Official Newsletter

March 2005

Volume I, Issue II



Commander's
Corner

An FRG must have an adequate link to its associated military unit to provide information and support. This is the "formal" relationship between FRG representatives and the military unit's representative. The following military links are important to an FRG:

Detachment commander - Without a commander's active support, an FRG would not exist, however; this link does not require a great deal of time between a commander and FRG representatives. It is enough that a commander approves of the FRG activities and is allowed access to meet with FRG representatives when needed.

Unit information systems - Military units are important sources of information for FRGs. The reverse is also true. It is important that FRG representatives and unit representatives, such as the BC, CSM, 1SGs, XO, and chaplains develop appropriate working relationships, in order to establish an efficient information exchange system.

Thank you,
CPT Gerald Galan

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FRG Leader's
Corner

FRG representatives play an important part in establishing and maintaining the FRG. They should be interested, active, and capable family members who fill leadership and staff roles within an FRG. Operating at both the battalion and company level, FRG representatives are vital elements for the communications support network.

A communication support network is the most important component of a basic FRG. It provides outreach to all family members, reduces social isolation, creates a sense of communal support, and helps family members identify, address, and resolve issues important to the organizational community and its family members.

The network is simple in structure and in process. It is operated by family members, called contact people, who are the central reference for the information flow. A contact person forms a communication support circle to link six to ten other family members. Being a contact person is a tough job at times, and good volunteers are needed. We also need a treasurer, special events, secretary and a fund raiser chair person. Please email me at mikegalan@hotmail.com

Thank you, 1
Sabina Galan



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Sergeants Time Training (STT)

Land Navigation

While it is handy to know how to find directions by the sun or stars, such methods are useless in adverse weather conditions. Knowing how to find the North Star doesn't do much good if you can't see any stars due to clouds, fog or a blizzard. Even an overcast sky prevents you from using wristwatch or shadow and stick methods of finding north. In a wilderness emergency or during a military operation, waiting for clear skies could cost lives. Modern technology has given us portable Global Positioning System (GPS) satellite receivers, which are wonderful navigation aids as long as you have batteries, but compasses and topographic maps are still the primary tools to use when moving around the outdoors. The first rule of gunfighting is "always bring a gun" and the first rule of heading into the boonies is "always carry a compass." A good compass will enable you to align your map with magnetic and true north, find your way to a destination, follow your route to a destination and find your way back to your starting point.



Sergeants Time Training (STT) Cont'd

Every soldier did a great job during the course. Keep up the good work!





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Family Highlights

- **Birth Announcements:**
Ezekiel Mascoll ~ 7lb 8oz & 19" on 11 FEB 05
- **Birthday Announcements:**

Nakita Wilson	1 MAR
SGT Boyd	6 MAR
SPC Stahnke	11 MAR
Benai Deshields	13MAR
Dylan Barnes	18 MAR
Elizah Gordon	20 MAR
Jermaine Boyd	24 MAR
SGT Wilson	25 MAR
PV2 Jackson	27 MAR
PV2 Peppers	31 MAR
- **Happy Anniversary to the following couples:**
SGT & Mrs. Boyd 20 MAR
SGT & Mrs. Moore 27 MAR
- **Miscellaneous**
SPC Blanding brought up a great idea during the last FRG meeting, It is called "Guess Who". We will post a baby picture of a soldier and you will have an opportunity to "Guess Who" they are at the FRG meeting. At the end of the FRG meeting the winners will receive a surprise!

The Valentines Ball was a success. We hope to see everyone at the next Battalion function!



Soldier Highlights

- **Promotions**
SGT Boyd
SGT Campbell
SGT Deharo
SPC Guy
SPC Brown
PFC Rios

Congratulations to SPC Garcia and SPC Burnham for their recent victory at the promotion board. Great job!

Congratulations to SPC Burnham and SPC Benjamin for their recent graduation from the Primary Leadership Development Course (PLDC).
- **ECHO SOLDIERS RE-ENLIST AND STAY ARMY!**

Congratulation to the following soldiers on their re-enlistment!

SGT Akbar Recruiting Duty
- **Hails!**
None this month!
- **Farewells!**

With a heavy heart we wish the following families farewell as they move on from Echo Detachment, 502d PSB.

SGT Jones — ETS
SPC Buskill — Recruiting Duty



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Recipe of the Month

Luck of the Irish Recipe

HOMESTYLE CORNED BEEF AND CABBAGE

2 cups of water
1/4 cup honey
2 tablespoons Dijon-style mustard, divided
1 medium head cabbage, cut into 8 wedges (approx. 2 pounds)
3 tablespoons butter or margarine, softened
1 1/2 teaspoons chopped fresh dill, OR
1/2 teaspoon dried dill weed
2 1/2 to 3 1/2 pound corned beef brisket

Place brisket and water in Dutch oven; cover tightly and cook 1 hour at 350 degrees (F). It is very important to simmer the meat slowly because boiling will cause meat to become tough. Turn brisket over and continue cooking, covered, 1 1/2 to 2 hours, or until meat is tender. Remove brisket from cooking liquid and place, flat-side up, on rack in broiler pan so surface of meat is 3 to 4 inches from heat. Combine honey with 1 tablespoon mustard; brush half of mixture over top of brisket and broil 3 minutes. Brush with remaining mixture and continue broiling 2 minutes, or until brisket is glazed. Meanwhile, steam cabbage 15 to 20 minutes, or until tender. Combine remaining mustard with butter and dill; spread over hot cabbage wedges. Carve brisket diagonally across the grain into thin slices and serve with cabbage. Makes 6 to 8 (3-ounce) servings.



Scheduled Events

1 MAR	BN Hail & Farewell
2 MAR	FRG Meeting
4 MAR	M-16 Range
8 MAR	Promotion Board
9 MAR	Civilian Cloths Day
10 MAR	NCO Induction Ceremony
11 MAR	Generator Class
14-18 MAR	Spring Break
17 MAR	St-Patricks Day
17 MAR	Convoy Operations Training
18 MAR	Training Holiday
23 MAR	Civilian Cloths Day
24 MAR	NCOPD APFT/AWCP
25 MAR	FTX Preparation
27 MAR	Easter
28-1 APR	FTX
3 APR	Daylight Savings Time
4-8 APR	Drivers Training
6 APR	FRG Meeting
8 APR	Leaders Reaction Course
12 APR	Promotion Board
13 APR	III Corps Welcome Home Ceremony
14 APR	Mounted Land Navigation
15 APR	Training Holiday
15 APR	Income TAX Due!!
22 APR	Engagement Skills Training
29 APR	Army Physical Fitness Test (APFT)
29 APR	Convoy Operations

For more information pertaining to "What's Happening" at Fort Hood, go to <http://www.hoodmwr.com/acs/index.html>

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Photo Center



Photo Center Cont'd

